

WHAT IS CLAIMED IS:

1. A movable micro-body comprising:
 - a movable plate having a surface;
 - one or two torsion bars supporting the movable plate;
 - a support member supporting the movable plate by way of the one or two torsion bars; and
 - at least one link member arranged in a direction intersecting the longitudinal direction of the one or two torsion bars and adapted to substantially link the support member and the movable plate by way of a through hole region.
2. The movable micro-body according to claim 1, wherein
said two torsion bars are arranged at opposite sides of said movable plate and said at least one link member is arranged on said two torsion bars.
3. The movable micro-body according to claim 1, wherein
said one torsion bar is provided solely and arranged at a lateral side of said movable plate and said at least one link member is arranged on said one torsion bar.
4. The movable micro-body according to claim

1, wherein

 said one torsion bar is provided solely and arranged at a lateral side of said movable plate and said movable plate is provided with a projecting 5 section at the side opposite to said one torsion bar, said projecting section being separated from said support member, said at least one link member being arranged on said projecting section.

10 5. The movable micro-body according to claim 1, wherein

 the cross section of said one or two torsion bars taken along a direction perpendicular to the intra-planar direction of said surface shows a width 15 as observed along the longitudinal direction of said at least one link member smaller than the width of the cross section as observed along the direction perpendicular to said longitudinal direction.

20 6. The movable micro-body according to claim 1, wherein

 said support member, said one or two torsion bars and said movable plate are integrally formed from a single material.

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 7. The movable micro-body according to claim 1, wherein

said at least one link member is made of a material different from at least one of that of said support member, that of said one or two torsion bars or that of said movable plate.

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 8. An optical deflector comprising a movable micro-body according to claim 1 and light reflecting means arranged on said movable plate.

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 9. An image forming apparatus comprising an optical deflector according to claim 8 and a light source and adapted to form an image by causing a beam of light emitted from said light source to be reflected by said light reflecting means and scan.

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 10. The image forming apparatus according to claim 9 that is a light beam scanning type display.

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 11. An electrophotography type image forming apparatus comprising an image forming apparatus according to claim 9 and a photosensitive body adapted to receive the scanning beam of light.

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 12. A dynamic quantity sensor comprising a movable micro-body according to claim 1 and detection means for detecting a relative positional displacement of said support member and said movable plate.